



## 2019 SUMMER LONG COURSE SEASON

**PRACTICE** - Practice begins on Monday April 22, 2019. The Winter Practice Schedule will be in effect until Saturday June 2, 2019. The long course training will be a tremendous advantage for our swimmers, as most other teams will not even touch a long course lane until June. We are anxiously looking forward to this training period.

**SUMMER PRACTICE SCHEDULE** - The Summer Practice Schedule begins on Monday June 3, 2019. Most practice groups will hold practices every morning and the Levels IV, V & VI will have additional practices each afternoon, with Friday afternoon off. There will be Monday & Wednesday afternoon practices offered for Levels I, II, III.

**LONG COURSE FEES** - The fees from the Winter Short Course Season cover the cost for the Summer Long Course Season. **THERE ARE NO ADDITIONAL TEAM FEES OR FUNDRAISING FOR SUMMER PARTICIPATION.**

**LONG COURSE SCHEDULE** - Meets are offered on a few evenings or Saturday mornings, YMCA and USA Invitationals are offered along with the Long Course Championships. **New Swimmers must swim in three YMCA meets & YMCA LC Championships in order to be eligible for YMCA Long Course Nationals.**

**YMCA SUMMER CLASSIC INVITATIONAL** - In order to provide a competitive long course summer regular season meet in a world-class facility, PCY and the Blue Ash YMCA are hosting the YMCA Summer Classic, June 14-16, 2019 at Miami University. This meet will be a timed finals format in which, all events will be offered. It is our goal to provide a competitive meet for all age groups at a time when the YMCA season is in full swing. All athletes should benefit from this added quality competition. We will need the help of all families in running this meet.

**TRAVEL MEETS** - Again this summer, the team will offer two team travel meets in late June. Senior Level V & VI swimmers will have the opportunity to attend the annual team Developmental Camp and Swim Meet. This year, Levels II, III, IV swimmers will travel to a new meet in Kalamazoo, Michigan. Listed below are the trip dates.

**June 18-24 FLL Development Camp & International Invitational – Levels V, VI**  
**June 20-23 Kalamazoo Meet – Levels II, III, IV**

**YMCA LC NATIONAL MEET TEAM REQUIREMENTS** - All swimmers planning to attend the Long Course National Championships must attend a minimum of six practices per week regardless of practice group. It should be understood that these are minimum standards. Practice attendance per practice level must be met at all times. It should also be understood that all swimmers would follow the National Team Guidelines and Agendas for the trip and plan on attending the meet with the team for the entire trip. Any exceptions should be discussed with the Coaching Staff as soon as possible.

**LONG COURSE NATIONALS** - The National YMCA Long Course Swimming Championships, July 30-August 3, 2019 will be held again at a world-class facility at the University of Maryland in College Park, Maryland. Plans have already been made to ensure another great Tigershark Championship performance. Hopefully, we will have another great Tigersharks team performance, at this meet. To achieve that goal, we are looking forward to seeing everyone in practice in late April.



**SUMMER CLUB PARTICIPATION** - Summer club swimming is a great experience for all swimmers especially for 11 and under swimmers and some 12 year olds. This can really be beneficial to a young swimmer because of the shorter distances, less competition, low intensity and special team spirit and enthusiasm. Athletes are certainly encouraged to participate with your summer club. **It is strongly recommended that swimmers participate with both PCY and summer swim clubs.**

**SUMMER TIME TRAINING FOR OLDER SWIMMERS** - For 13 and over swimmers (and some 12 year olds), to reach your full potential as a swimmer at that age, in most cases, you have to be willing to workout 8-9 months a year. Summer swimming is a perfect compliment to the work you put in the previous winter and it keeps you mechanically and physically sharp for the following winter. As you get older and more experienced in competitive swimming, there is going to come a time where you just will not be able to get by on natural talent alone. As you take the competitiveness of your times to higher levels, you also must take things, such as your training, to higher levels. Eating habits, sleep habits, practice habits, workout attendance, weight room attitude and effort will impact your performance tremendously. To be a successful 17-year-old swimmer, you cannot be satisfied with doing the same things you were doing when you were a younger swimmer. **It is strongly encouraged that all athletes make good use of your talent by committing to a high level of training in order to reach your full potential as a swimmer.**

**SUMMER JOBS** - Summer jobs are great! The important thing to be aware of is that if you really want to train, and to be a good swimmer, it is vital you make your employers aware of your goals and the commitment level you wish to put forth. **DON'T EVER LET ANY JOB (SUMMER OR WINTER)** stop you from doing what it takes to make you a better athlete. You will be working out in the real world for the rest of your life after high school and college. As far as swimming or any other athletic field, you only have a limited time, 18 years if you stop after high school, 22 years if you go through college, to make use of your talent. Work at a place that is flexible and understanding to your goals.